

# 3ABN LATINO

## A channel of Divine Origin



Preaching the three angels' messages to the Spanish-speaking people of the world



3ABN Latino is on more than 1,300 cable companies in North, Central and South America!



Did you know that Spanish is the second most spoken language in the world in terms of the number of native speakers. It is also the third most used on the Internet. See Berlitz.com.



Consider partnering with us to share the message of salvation to the Spanish-speaking of the world.

### HOT OFF THE PRESS:

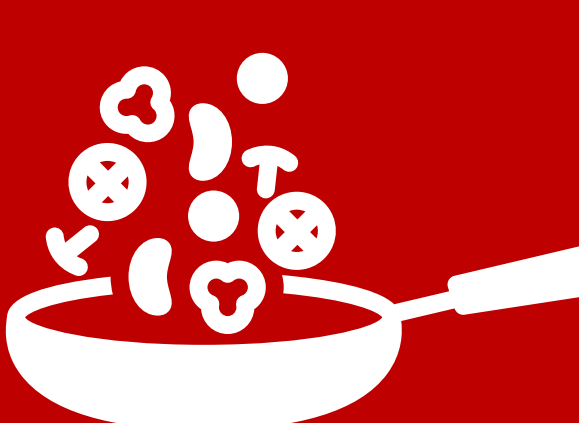
3ABN Latino is the first Christian channel to be included in the Cuban television package "El Paquete".



Every week a new batch of our programs is made available in every city of the beautiful island of CUBA!



Enjoy this recipe of the traditional Cuban 'Congris' (black beans and rice) shared by Ana Salgas.



### Cuban Congris

#### INGREDIENTS

1½ cups of dry black beans (cooked is 2 cups) or canned beans  
6 cups water for cooking beans (reserve the water, see below)  
½ teaspoon cumin powder  
½ teaspoon vegetable seasoning (optional)  
1 bay leaf  
Salt to taste  
3 cups of jasmine rice

#### FOR THE BASE:

½ bunch fresh cilantro, chopped  
1 medium yellow onion, finely chopped  
1 tomato, finely diced  
3 garlic cloves, minced  
3 tablespoons of grapeseed oil  
½ small red, green, and yellow bell pepper, finely chopped

#### PREPARATION:

1. In a pot, cook 1½ cup of dry black beans in 6 cups of water with cumin, vegetable seasoning, bay leaf, and salt to taste.
2. When beans are soft, separate 2½ cups of bean water and 2 cups of cooked beans.
3. In a dutch oven pan, heat the grapeseed oil to sauté the cilantro, chopped tomato, onion, garlic, and peppers. Sauté until the onions are transparent.
4. Add the rinsed rice, 2½ cups of water from the beans, and the 2 cups of beans to the sautéed base mixture.
6. Bring to a boil on medium high heat. When the liquid no longer forms 'bubbles,' stir the rice up from the bottom of the pot. Lower the heat to medium and cover the pot. Let it rest for 12 minutes and lower the heat to medium-low. Do not open the lid for 10 mins. Once cooked, you can fluff the rice with a fork. Serve hot, accompanied with a salad and your favorite plant-based protein.



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